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WARTBURG TRUMPET

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Wartburg low in U.S. college ranking

Recent report places college at No. 146 on national liberal arts college ranking

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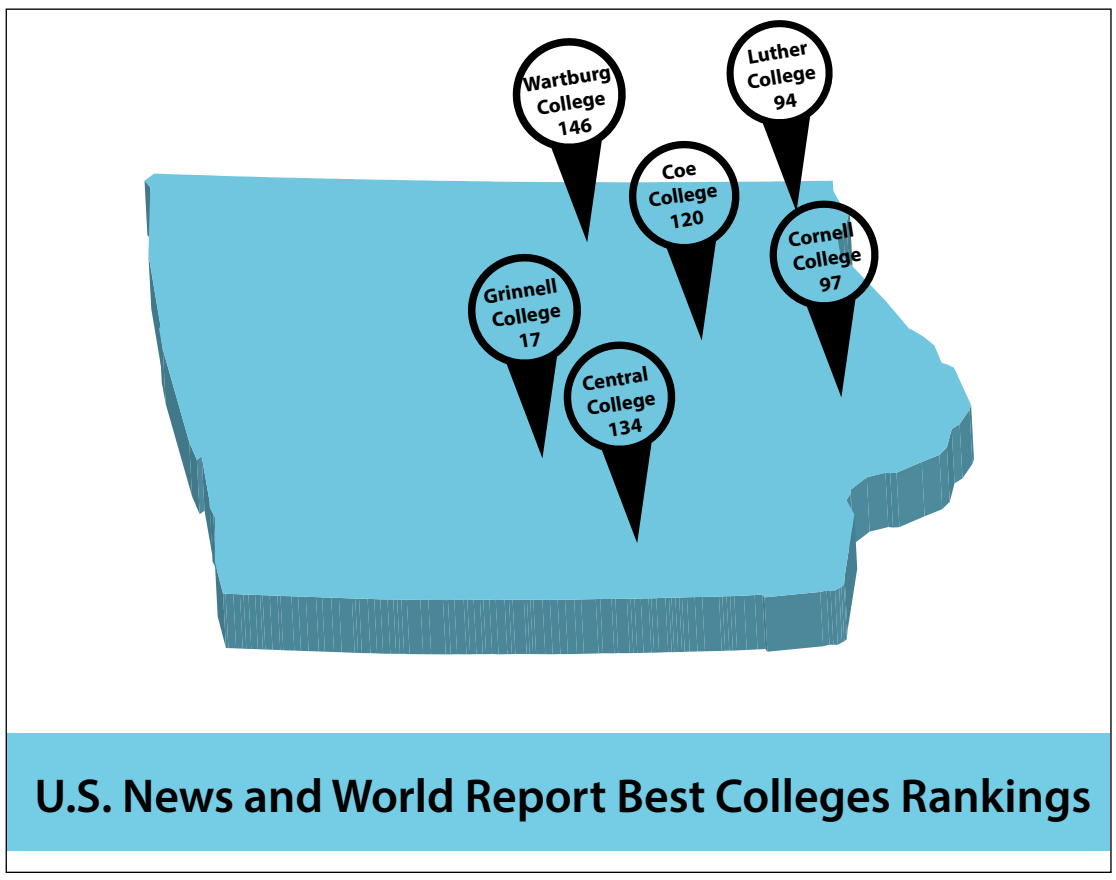

— **Ta'Mone Williams**/*TRUMPET*

Wartburg is behind nearly all liberal arts schools in Iowa in 10 different areas, according to the U.S. News and World Report Best Colleges Rankings report released this week.

Based on 10 different variables, including average freshman retention rate, class sizes, student-faculty ratio and acceptance rate, the college ranked 146 on the National Liberal Arts College Rankings.

This puts Wartburg lower than five of seven Iowa colleges ranked in the report.

Dr. Edith Waldstein, vice president for enrollment management, said this comparison shouldn't hurt the college's image.

"I think we're all in the same ball park more or less, so that little bit of a difference doesn't really say anything. It's certainly idiosyncratic and certainly isn't important," Waldstein said.

Grinnell, Luther, Cornell, Coe and Central all ranked above Wartburg, with rankings of 17, 94, 97, 120 and 134, respectively. Simpson followed Wartburg, with a rating of 154.

"The college itself doesn't put much weight on it at all," Waldstein said. "We know they're out there and we pay attention to it because it's part of the higher education scene."

Waldstein also said she believes the rankings are skewed because the criteria for the ratings changes each year.

Graham Garner, vice president for marketing and communication, agreed and said he doesn't think prospective students or parents even pay attention to the report.

"It's kind of what we like to call 'inside baseball.' The people who pay attention to rankings are generally people who work in higher education and then media who are reporting on the rankings when they come out," Garner said. "That's generally all I ever hear of people talking about it."

Sophie Perez said she looked at the rankings to see where schools she was interested in ranked and how the criteria for the rankings was determined.

However, she said she did not think it was important in her decision to come to Wartburg.

"I care more about taking visits and learning one-on-one about Wartburg and any college in general," Perez said.

"I don't think it should matter that much because almost every list you have will have different variables and you can't really compare these lists to each other because they're all different."

Garner said the college does look at data from studies that have been conducted by the college, contracted with other entities or formed through partnerships with other schools.

"We've identified those areas that are helpful for us to help us improve the education that we offer, to help us improve the student experience and to help us improve even our messaging," Garner said. "I think Wartburg in general has an attitude of improvement," Waldstein said.

"I think we want to get better. We know we're good, we know who we are. I think we just all are building on our strengths and trying to get better. It's just the right thing to do."

Bystanders rise up

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As Hazing Prevention and Bystander Intervention Week approaches, event coordinators remind students it is a year-long commitment.

Abby Shannon, a student organizer said an experience she had made her realize the importance of hazing prevention and bystander intervention.

"One year ago, I witnessed a mother and young boy in the parking lot below my dorm room. The little boy was trying to learn how to ride a bike but struggled greatly ,still relying on his training wheels," Shannon recalled.

"I watched the mother hit the boy and yell horrible things at him."

Shannon could have ignored the situation, but she stood up for her values and intervened as a bystander.

"As I walked by the little boy, I complimented him on how much effort he was putting towards learning to ride his new bike," Shannon said. "I mentioned to the mother that I remembered how difficult it was to ride a bike and that everyone learns at their own pace. "

It is these small actions that Shannon said can make all the difference.

"I didn't have to engage fully by telling her not to hit children," Shannon said. "I simply made my point subtly without confrontation. This is what I hope students will learn to do."

Students can learn how to help others and stand up for their values during Hazing Prevention and Bystander Intervention Week, Sept. 23-27.

There will be tabling Tuesday and Wednesday during lunch and dinner and on Thursday before and after the convocation at 11:30 a.m. in Neumann Auditorium.

Tabling will be done to help promote the Every Day Hero campaign and educate people on hazing prevention and bystander intervention.

Students are invited to attend a bystander training session on Tuesday, Sept. 24.

Ashley Lang, director of campus programming, said the highlight of the week will be having presenter Mike Dilbeck on campus.

"I have seen him present and I know him personally. I know that he will bring excitement and a breath of fresh air compared to speakers students would typically see on campus," Lang said.

Dilbeck will be speaking at a convocation, at staff professional development on Thursday, and again at 8 p.m. Thursday to student organization leaders where he will provide the leaders with knowledge of leadership and bystander intervention.

Dilbeck will also make an appearance on this week's edition of "Good Morning Waverly" on Wartburg Television.

Lang said, "My biggest goal for the week is getting the word out about what hazing actually is and what it means to step up and be that person to take charge and be in control of a situation that may not be so great."

Dilbeck focuses his message on

— **Sibusiso Kunene**/*TRUMPET*

▸ **Everyday responsibility — p. 2**

Disability rights

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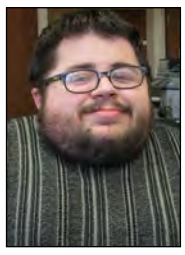
Constitution Day commemorates the signing of the United States Constitution in 1787. This year, however, students got to learn why some Americans are still working towards life, liberty and the pursuit of happiness.



Emmanuel Smith

Wartburg College recognized Constitution Day, Sept. 19, with a convocation led by Jane Hudson, the executive director of Disability Rights IOWA (DRI). Hudson hopes students will practice active empathy when interacting with people who have a disability.

"We all benefit from the interaction with many different kinds of people," Hudson said. "So if there are barriers to people with disabilities participating in any activities at a college, let's be creative and think about how we can be a college

▸ **Fight for rights continues — p. 2**

Wartburg named 'military friendly'

CAITLIN HARBACH *ASST. NEWS EDITOR*
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Wartburg College has been recognized as a military friendly school by Victory Media, a military media firm.

The recognition is included in the top 20 percent of U.S. colleges and universities who support military members. Dr. Edith Waldstein, vice president of enrollment management, said the award adds to what makes the school a diverse and positive environment for students of all backgrounds.

To apply, the school filled out a survey and report which took an overall look at what made the school military friendly. The media firm then looked at the school's application and made a final decision.

"It says generally that we take every individual seriously," Waldstein said. "I don't think we could be military friendly if we weren't paying attention to the individual. It's generally a compliment to both the quality of our academic programs as well as to the support services."

Wartburg third-year student Bryan Loonsfoot served in the military for five years. — **Submitted photo**

About a dozen students involved in the military attend Wartburg which is double the amount in previous years, Wartburg Registrar, Sheree Covert, said.

Covert works in the college's registrar office as the Veteran Affairs official where she makes sure students are considered full-time and receive veteran benefits.

While the numbers may be small, Covert said all schools should strive to make their campuses inviting to the military.

"I think even within the government and general news, we do know that we are very strongly supportive of military and appreciate what they're doing for us," Covert said. "Everybody's conscientious of it. It's a community-wide effort to find ways to support their needs."

According to militaryfriendlyschools.com, Wartburg is one of 34 traditional colleges and universities in Iowa to be awarded the honor. This does not include online schools.

Wartburg includes the Yellow Ribbon program for financial aid. The program is intended to help students avoid up to 100 percent of their tuition fees that may exceed the Post 9/11 GI Bill tuition benefit.

The Pathways Center also includes services customized for students with a military background.

With this new award to put the college on the map as military friendly, Waldstein said she hopes it attracts more potential students.

"These guides are out there for military veterans to use," Waldstein said. "Hopefully, they will use those and take a look at our characteristics, look at where we're located and look at our majors. We're part of a group of schools that are in a guide that these veterans will be looking at."

Everyday responsibility

Hazing prevention and bystander intervention week to address tough issues

◂ **continued from p. 1**

the power of bystanders instead of the approach of the victims or perpetrators.

"Whatever is happening, whether it's bullying, hazing, drug and alcohol abuse, sexual violence, discrimination of some sort or any kind of everyday life issue," he said, "there are witnesses, there are observers, and that is our opportunity to stay against it, prevent it or diminish it."

In his fifth year as a professional speaker, Dilbeck uses his past experience as a filmmaker. With over 30 years in that field, Dilbeck produced several videos for higher education.

In 2007 he produced a film called "RESPONSE ABILITY" about bystander intervention for college students. He explained how that video created a demand and he believes he was called to become a professional speaker.

"I believe in the opportunity to empower the silent majority," Dilbeck said. "So they become the helpful majority, standing up for what is right."

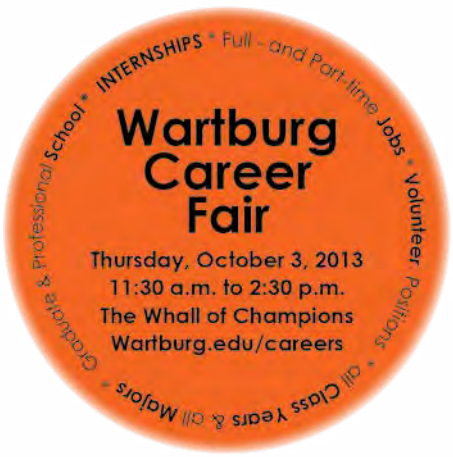
While he is a professional speaker, Dilbeck wants students to know he isn't here to lecture.

"I'm not trying to lecture anybody, or convince anybody of anything, or sell you anything," Dilbeck said. "I'm just there to speak to the person you already are who wants to make a difference."

He hopes to make his listeners interested and tuned in by keeping the conversation realistic and relatable for audience members as he address a difficult topic.

Dilbeck also makes use of technology throughout his message by encouraging people to text him their stories while he is on stage.

"I embrace technology, I embrace social media," Dilbeck said. "I encourage people to tweet while I'm speaking and share this message with people who are not there."



Jane Hudson (far right), executive director of Disability Rights IOWA, is joined at the Constitution Day convocation by Emmanuel Smith (middle) and John TenPas (far left). — **Jeanne Edson**/*TRUMPET*

Fight for rights continues

◂ **continued from p. 1**

community together."

Hudson's fellow presenters were familiar with exclusion, both from school and society.

John TenPas, DRI board president, has lived with cerebral palsy since birth.

Born well before the Americans with Disabilities Act (ADA) of 1990, TenPas related how difficult it was to find a job.

"Someone once coined the phrase, 'Having a disability is a natural experience' and if you think about it, it is because anyone could have a disability," TenPas said.

TenPas was joined at the mic by Emmanuel Smith, Americans with Disabilities intern, who attended Drake University where he completed his bachelors degree in political science.

Smith was born with Osteogenesis Imperfecta, a condition resulting in extremely fragile bones.

Smith, born a year before the ADA, described how difficult the college transition could be for a student with disabilities.

"It's a lot more independence, more decision making, and so with students with disabilities those challenges can be compounded," Smith said.

Smith stressed the importance of having a strong disability services coordinator on a campus who could help students transition.

A disabled student's fellow classmates also have a large responsibility.

"Students need to be aware of the challenges their fellow students might face who have disabilities. That will better enable them to transcend those challenges and be full participatory students and members of the college community."

Wartburg second-year Andrew Tubbs is familiar with the challenges Smith discussed.

Tubbs was born with Thrombocytopenia-absent radius (TAR) syndrome, an extremely rare genetic disease characterized by blood platelet deficiency and the absence of a radius in either forearm.

"For me personally, I didn't have too much trouble with the college transition, but I think that's a tribute to my personality," Tubbs said.

"I could imagine it would be difficult for some people especially on Wartburg campus where physical disability isn't as well represented as other stuff."

Tubbs is one of a few Wartburg students who is, as Tubbs says, "differently-abled."

He stressed how accommodating the Wartburg staff has been, but said there are changes that could be made.

"The Mensa is not differently abled-friendly. A person in a wheelchair that goes into the Mensa and tries to get something like the milk glasses or grab something from the salad bar? That's not going to happen. No."

"It's a dignity issue, an independence issue and a choice issue for all of us including people with disabilities," Hudson pointed out.

"There are laws to protect the rights of people with disabilities now, but they have to be enforced."

Students value gun safety on campus

Recent study shows students in the Midwest oppose guns in schools

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Imagine two people on campus with guns pointed at each other. When the police arrive, they don't know which person has a right to conceal and carry and which one does not, so the police shoot both of them.

"The person with the best intentions gets shot because the police don't know the difference. They are responding to the situation," John Myers, head of Wartburg security said.

A recent study from Ball State University found that 78 percent of Midwest students oppose guns on campus even if the person has a permit to conceal and carry.

Students in the study believed that allowing concealed weapons would increase the rate of fatal suicides and homicides on campus. Wartburg College's view is no different.

"I don't think students need to carry a gun on campus. I'm OK with faculty [concealing and carrying weapons] but there is a big maturity gap between a lot of students our age and say 10 years from now," Rick Perham, a Wartburg student and hunter, said.

Wartburg has a "no weapons" policy. This means students or staff members are not allowed to keep guns in a gun safe in their rooms, locked up in their car or concealed and carried on their bodies.

There are some exceptions to this rule.

If students wish to target shoot or go hunting, they must inform security of their weapon and store it in the Wartburg security safe located in their office.

When the student wants to use their firearm, they can call security, retrieve it from their safe and have a security guard walk with the student holding the firearm to their car.

"What we don't want is for somebody to see you walking by yourself with a gun or walking across a parking lot. So having a security officer beside you hopefully will take that fear away from anybody that had those concerns," Myers said.

Wartburg Security officer Cyril Klein displays one of the guns held under Wartburg Security's possession. Other guns, knives and weapons, even fake weapons, are also stored. — **Karina Devine**/*TRUMPET*

Perham is one of several Wartburg students who have found other ways to store their guns.

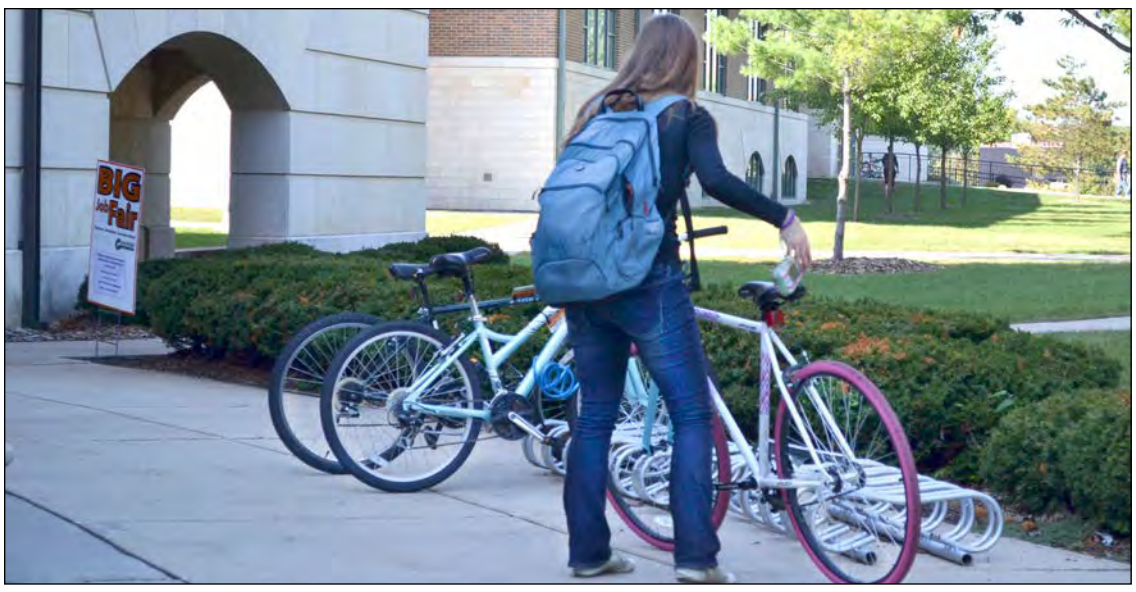
If a student has connections to off-campus residents, they are allowed to store their firearms in their homes as long as the guns do not go onto campus grounds.

The Ball State University study also found that students who do want the right to conceal and carry feel the need to have a way of protection on them. Both Myers and Perham agreed pepper spray is one option students could use to protect themselves.

"I feel like most people don't spend enough time with a gun to be comfortable and effective with it and are more of a danger so I feel like pepper spray is a much better option than a firearm," Perham said.

The Wartburg Security office is open twenty-four hours a day.

"My response is no guns except for the police," Myers said. "That would lessen the chance for mistakes."



Wartburg students can rent bikes for transporation around the college campus. — **Dan Haack**/*TRUMPET*

Library offers bike rentals

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Sustainability at Wartburg is continuing a free bike rental program on campus.

"It's a great way to ride around campus and get my mind off things," Becky Jennings, a Wartburg student, said.

Bikes are located at the Vogel Library and can be rented by talking with a librarian. Each person is limited to 24 hours with a bike and there are a total of four bikes, Sustainability coordinator, Anne Duncan said.

Duncan started the bike rental program a year ago. Her intentions are to have students spend less time going to their cars and have the ability to ride a bike to their destination.

"We are trying to create a transportation plan that provides alternatives for students to decrease the amount of cars that are being brought to campus and then decrease the amount of carbons that are being consumed by students, faculty and staff," Duncan said.

The bike rental program isn't well-known throughout campus because no advertising has been done, Duncan said.

"Last year was just a learning experience to see how we can coordinate the rental system to Wartburg," she said.

Students across campus were unfamiliar with the program.

"I haven't heard anything about it," Cole Hauptmann said. "It sounds like a good idea. It'd be great if I want to go down to Subway and didn't want to walk."

"I didn't know we had bike rentals," Nicole Jamieson said.

Duncan said the program has been going good so far.

"This year, we are just seeing how word of mouth will go. At this point, without advertising, the bikes are almost consistently reserved or checked out," Duncan said.

The Sustainability program doesn't buy bikes for the students. Duncan said. The bikes in the program are provided by campus security's confiscated bikes.

When a student leaves at the end of the year, they are required to take their property with them.

However, for students who leave their bicycles on campus, security confiscates the bikes and donates them to the rental program, John Myers, security and safety director said.

The rental bikes will go into storage after Thanksgiving break and will be available again next year in March, Myers said. The bikes will be taken to a storage barn owned by the college, he said.

The program is slowly continuing to grow. Duncan said she hopes the program will eventually benefit the environment. She wants Wartburg students to enjoy bike rides with friends.

Students can enhance financial literacy online

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An online interactive program that teaches users about financial topics is now available for free to all Wartburg students, faculty and staff.

Financial Literacy 101 was presented this month by Wartburg College Strategic Initiatives. Because the average college student in the United States graduates with over $4,000 in credit card debt, increasing students' knowledge about monetary decisions was a concern for the college.

"It was considered a priority by President Colson to have more financial help for students," Gloria Campbell, associate professor of business administration, said.

Instead of the college putting together more classes, anyone wanting to increase their financial literacy can just go to the website, she said.

The program features more than 80 modules on topics ranging from "Choosing a Bank" to "Repaying College Debt" and "Renting an Apartment." Each module includes text about the subject and may also have an audio recording.

Justin Crouse, associate professor of accounting, said the format is one of the reasons the program is so valuable.

"The program is all online, so anyone can look at the different topics. It offers a self-paced environment that allows students, faculty and staff to explore the many different topics of financial literacy."

Melissa Hageman found out about Financial Literacy 101 after her macroeconomics professor asked the class to go to the website and explore the different modules.

"It answers some questions I had about loans and other terms I was unsure about," Hageman said. "I think it can save college students from making some poor choices so they don't end up paying more than they need to."

The program also features several videos to reinforce the concepts of the text. The topics covered include "How to Make a Personal Budget" and "Don't Buy Stuff You Cannot Afford." One of the tools of the website is an interactive budget calculator. It helps students develop a budget and gives tips on how to stick to it.

Although quizzes are available with some modules, Campbell said the real test will be whether students are able to apply the information to their own lives.

Crouse said raising awareness for financial topics is the point of the program.

"We want students to be aware that the choices they make now directly impact their debt for the future. The goal is for students to at least know about these things."

While business and accounting professors are incorporating Financial Literacy 101 into their classes, Crouse said the program is for all students, faculty and staff. He said the financial topics are relevant to everyone, no matter what major or profession.

Those interested may sign up for Financial Literacy 101 by visiting http://www.financialliteracy101.org and entering the access code WTBGFL.

College should consider gender-neutral housing

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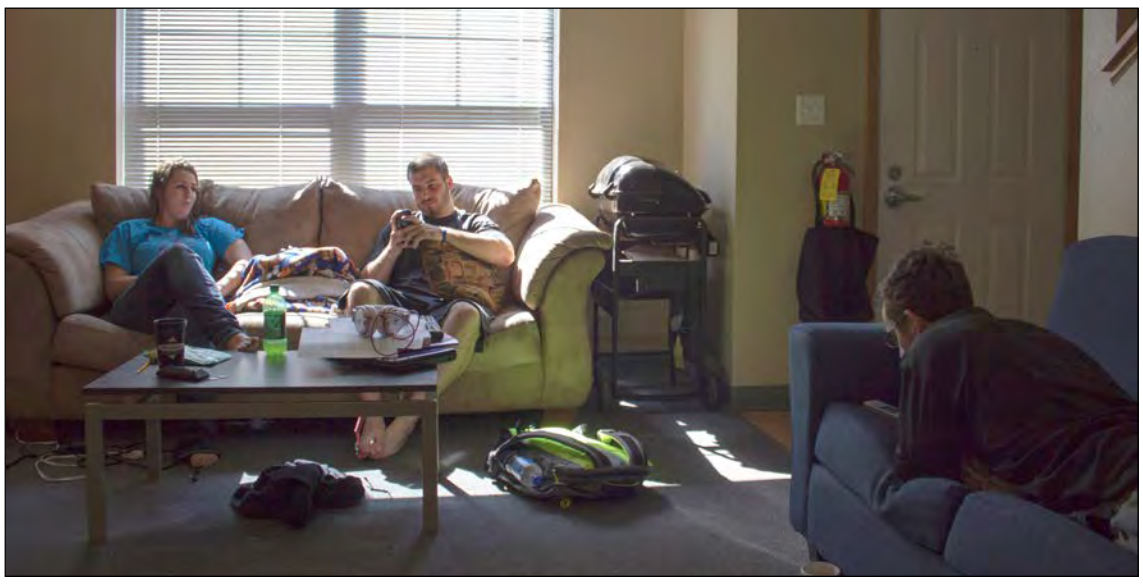


(From left) Emily Novotny, Dayton Stevens and Adam Azzaro relax in Knights Village. They said they'd be open to gender-neutral housing, but couples might take advantage of it. — **Ta'Mone Williams***/TRUMPET*

Students around the country are pushing for "gender-neutral housing" on their college campuses, and Wartburg should consider the housing option as well.

On Sept. 13, students at the University of North Carolina at Chapel Hill marched in protest of the Board of Governors' ban on gender-neutral housing. The board agreed that there were other ways to make students feel safe and comfortable besides allowing women and men to live together on campus.

That might not be true for LGBT students. Some campuses have become sensitive to the issues these students face when choosing roommates. One hundred and fifty U.S. schools offer gender-neutral housing now, according to Campus Pride, an LGBT student advocacy group. At Wartburg, the policy could benefit the student body and allow for a more inclusive environment for the LGBT community.

Wartburg Alliance president Kate Huffman said LGBT students often opt to live alone to avoid making their roommate uncomfortable.

"There's always this stigma that all gay people are attracted to everyone of the same sex, which is absolutely not the case," Huffman said. "But they might be afraid that their roommate thinks that or they just might not be comfortable living with someone of the same sex."

Director of Residential Life Wes Brooks said Wartburg currently doesn't allow students of the opposite sex to live together, and hasn't had any major issues arise with this policy. Brooks has only had two conversations about the policy with two different students. These students requested to live with the opposite sex simply because they'd be more comfortable and to "avoid drama."

Brooks said these students were reminded of the current gender-specific housing policy and their requests were denied.

"Being a college of the church, if we were to make a change, it would be more than a policy change. It would have to be a conversation with the Board of Regents and the ELCA," Brooks said.

Despite Wartburg's affiliation with the Evangelical Lutheran Church in America, Brooks said he thinks the college would be willing to consider gender-neutral housing if there was a need on campus.

Huffman said Wartburg has had transgender students in the past, but others may not have known because those students chose to keep it to themselves. She said they face specific issues when it comes to signing up for housing.

"You have to check male or female on a card, so they place you in those types of housing. If you are a transgender person, you have to identify yourself as that even though you may not want people to know," Huffman said. "You have to explain this to a whole bunch of people and it could be a very awkward situation."

Colleges that have gotten on board with gender-neutral housing also offer gender-neutral bathrooms and some are even starting to cover gender reassignment surgery under their student health insurance policies. Policies like gender-neutral bathrooms are especially important for students who identify with one gender but may appear to be a different gender.

Brooks said Wartburg would do everything it could to make students feel comfortable and welcomed, but he hasn't seen the need for gender-neutral housing at Wartburg.

"We have very few students that are in transition or are identifying as transgender right now," Brooks said. "We would work with any student. As a residential campus, that's our responsibility."

As well-intentioned as the college may be, students that are uncomfortable with same-sex housing may not want to speak up to administration about it. LGBT students may already be nervous about social stigma from their peers, or they may not even be publicly out about their sexual orientation. Going to an unfamiliar staff member to make a special request based on sexual orientation would not be easy.

Huffman said it's not fair for LGBT students to simply live alone.

"That's also really kind of discriminatory because then you have to pay that extra money for your own room. You miss out on meeting new people and it could be really lonely," Huffman said. "If I had the option of living by myself and being lonely or having a roommate that may or may not accept who I am, or be scared or freaked out, then I would definitely choose being by myself."

Huffman argued that gender-neutral housing doesn't just benefit LGBT students. She said some students are just better roommates or friends with people of the opposite sex, and as adults, we should be able to choose our roommates.

Wartburg needs to consider gender-neutral housing in at least select dorms on campus. Women and men stay in the same rooms all the time, so the current policy isn't stopping couples from being together.

Gender-neutral housing gives LGBT students that chance to choose a roommate of whatever sex they would feel most comfortable and safe with, without going through an embarrassing process. It would put an end to these students choosing to live alone and pay extra just to feel comfortable. It's a step toward inclusiveness.

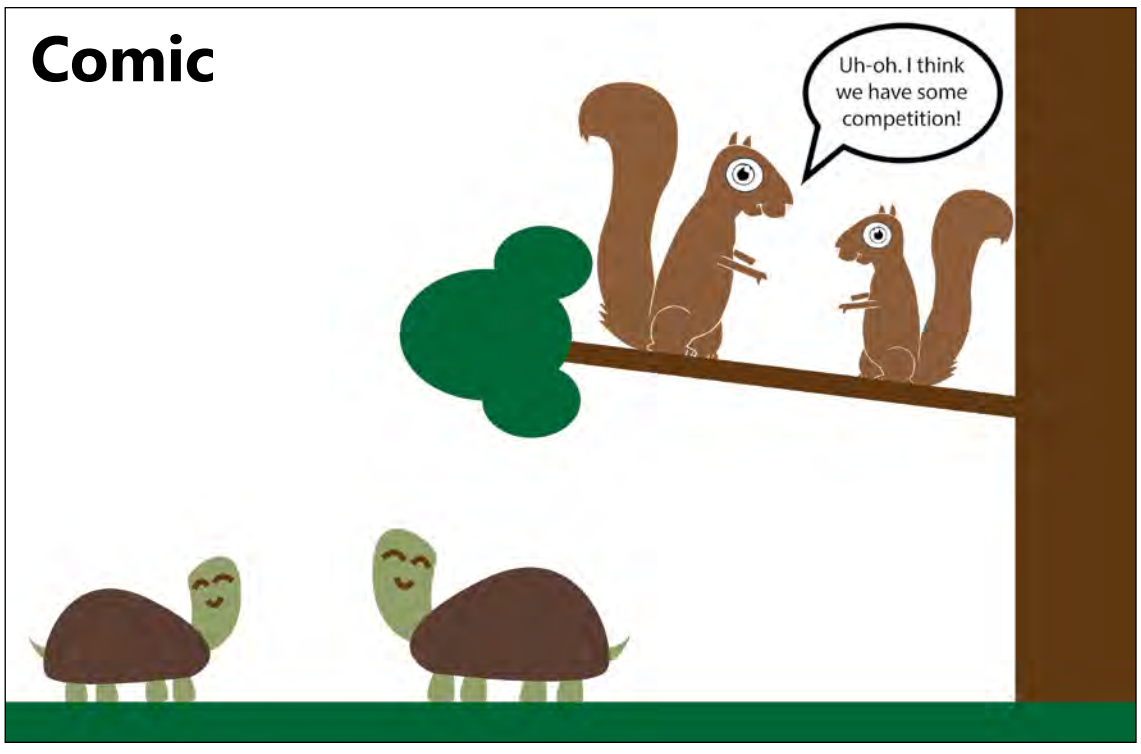
Choice Tweets

@WartburgProbz edition

- It's always a race back from Walmart when you see someone else with an N Lot sticker. #WartburgProbs
- One day my TV works fine and the next it's all static. #WartburgProbs #Mediacom #Frustrated
- If I can hear your music, WHY are you wearing headphones?! #tryingtostudy
- I almost pulled an all-nighter. Not because of a test or presentation, but to finish the insane amount of homework I get everyday.
- I wonder how the freshman in Clinton feel about the new scoreboard and how it's been shining neon lights into their windows all night.
- The automatic bathroom lights in Clinton aren't very helpful when they shut off on you EVERY time you take a shower!
- I'd rather take a bath in acid than do this chemistry assignment.
- On a serious note, my loft makes a lot of noise when I climb up to my bed. Basically it's gonna fall down while I'm sleeping on it one night.

Choice Words is dedicated to the (truthful?) expression of the students, faculty, staff and alumni of Wartburg College. Want to share your thoughts, observations or wisdom? Serious or delirious, it's time that you're heard! Tweet #choicewords at @wartburgtrumpet to see your thoughts here! The Trumpet reserves the right to censor inappropriate and libelous comments.

Comic



— **Ta'Mone Williams***/TRUMPET*

TRUMPET

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Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 250 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the communication arts office or emailed to wartburgtrumpet@gmail.com. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

Ministry, adventure and self-discovery

Wartburg alumna is making a difference through service and ministry while participating in the year-long World Race

SARAH BORAAS *KNIGHTLIFE EDITOR*
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Wartburg alumna Bethany Fristad isn't sure where or what she will be doing the next 11 months, but knows her experiences will change her in ways she never thought possible.

Fristad and almost 300 others are currently a part of the World Race, an 11-month mission trip that partners with different ministries throughout the world.

The group, featured in USA Today and Us Weekly this month, will be visiting a different country each month, only traveling with as much as they can carry.

"This journey is all about adventure, ministry, community and self-discovery," Fristad said. "World racers are part of a generation that is dissatisfied with the status quo and are actively rising to the challenge of seeing the world transformed through God's love."

Fristad began her journey on Sept. 10 and is currently staying in Harbin, China, partnering with universities in the city and forming relationships with college students to encourage ministry.

The group's goal is to invest in young people and get them involved in churches so ministry will continue even after they leave, Fristad said.

World Racers will be visiting Thailand, Cambodia and Malaysia in the next couple months, working on services such as establishing churches, working in orphanages, fighting sex trafficking and prostitution, creating feeding programs and teaching English.

Service in the World Race depends on the ministry they partner with in each country and is subject to change based on the needs of the country and if there are safe conditions for the group.

"The first time Bethany told me she wanted to participate in the World Race, I thought it was crazy," Ellen Scott, Wartburg senior and Fristad's best friend said. "Bethany is very passionate and stubborn in a good way and just felt a calling. She knows this is something she needs to do."

Fristad heard about the World Race while visiting Haiti in January and applied for the opportunity as soon as she could get the chance. A week later she received a voicemail requesting an interview.

"When I first heard '11 countries in 11 months,' I was hooked. All I've ever wanted to do is mission work and travel," Fristad said. "Hearing about the race was a dream come true."

"... actively rising to the challenge of seeing the world transformed through God's love."

— Bethany Fristad

Fristad said she isn't sure what her plans are for the future but is going to work on being fully invested in ministry and her life in the world, waiting for God to reveal her next steps.

Being in the field for a little over three weeks, Fristad said she has already learned so much about herself and is excited about discovering herself and helping others.

Because of Fristad's experiences and decision to join the World Race, Scott has also applied to participate in the World Race next year. She will find out if she was accepted by next Thursday.

"Choosing to participate in the World Race is all about striving to develop your faith and discovering more about yourself," Scott said.

"It's a need of this generation to see the bigger picture much beyond ourselves."

About the World Race

- Participants are between the ages of 21 and 35
- $15,050 must be raised to participate.
- Participants travel to 11 countries in 11 months

Follow Bethany Fristad's blog to learn more:

www.bethanyfristad.theworldrace.org.

Bethany Fristad participated in a mission trip to Haiti last January, where she first discovered information on the World Race and applied for it. — **Submitted Photo**

ETK event leaves students wanting more country fun

Tony Smith leads the group of students through the steps before the line dancing began on Monday, Sept. 16. — **Ali Schuetz**/*TRUMPET*

ALI SCHUETZ *STAFF WRITER*
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Shannon Stewart had a constant smile on her face Monday night.

Surrounded by other students, Stewart line danced, swinging to the left and right with as much country gust as she could muster.

Entertainment ToKnight held a line-dancing event Monday night, Sept. 16 in the Chapel Commons that resulted in a good turn out.

"When we are able to host an event that the students enjoy, no matter what the number, we consider it a success," ETK President Katlyn Underwood said.

The chapel basement wasfull of line dancers with a wide range of experts to beginners.

Echoes of laughter and dancing feet bounced off the walls in the basement.

Even one of the admissions counselors, Tony Smith, joined in on the fun, helping students learn how to line dance to a plethora of songs.

"My favorite part was learning to line dance to 'Footloose'," Stewart said. "Tony went through each step to teach us so we'd learn a sequence and do it a few times until we got it down, then continued on with the rest of the dance."

ETK plans to include as many events as possible during the first month back to school.

Their main goal is to show the students what ETK has to offer, Underwood said.

Another one of their goals is to include events they have never done before to further interest students in participating, according to Underwood.

"We heard from students that they wanted a country- styled event and so we thought that line dancing would be a great place to start," Underwood said.

She appeared to be right.

Stewart said it was a unique an experience.

"It was a good opportunity to bring a lot of different people together and to just take some time out of their busy days to let loose and dance," Stewart said.

With such good reviews from students who attended, it seems the only question left among students is if there will be another line dancing event.

Underwood said many students left asking when they were going to do it again, along with students who weren't able to make it asking the same thing.

"Having it every month would be fun," Stewart said.

On Sept. 12, ETK also hosted Home Free, an a capella group, at Neumann Auditorium.

With their goal to create fun events for students without a large expense, ETK has more events up their sleeve for this fall.

ETK will be hosting their own "The Price is Right" game in the Lyceum at 7:30 p.m. on Wednesday, Sept. 25.

For more information, students can look for fliers around campus and also in the Mensa.

You can also learn more about ETK by visiting their Facebook page at www.facebook.com/wartburgetk.

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Students in the Mensa are allowed to eat whatever they want, but some students have to have meals prepared specially for them due to certain dietary needs. — **Ashley Davis**/*TRUMPET*

Wartburg Dining helps students with special diets

ASHLEY DAVIS *STAFF WRITER*
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The Mensa is constantly planning and preparing meals for students at Wartburg, but for some students a little extra planning is involved in the preparation of their meals.

Students with intolerances or allergies to certain foods require a special diet plan that the Mensa offers.

There are five people on campus who require special diets.

When an individual has an allergy, there's an actual physical reaction that in some cases can lead to death, Nutrition and Services Advisor, Toni Wood said.

"I miss bread a lot, but it's worth it not to eat it because I don't want to be sick."

— Anna McMullen

Having a diagnosed medical condition that requires you to eat certain types of food is what classifies a special diet, Wood said.

Students first need to contact Wood to make her aware of their dietary need. The student will then need to turn in a doctor's note which specifies the issue and what special diet the doctor suggests for that student.

"What we do is we have the students pick their items in advance. We try to match their special diet menus as closely to what's going on in the Mensa that day for that meal," Wood said.

Food for special diets is usually store-bought individually, as Mensa workers do not go through it as quickly as the other menu meal options.

Wood calls it a "labor of love."

When students walk into the Mensa, they are offered a variety of food combinations to pick from, but those on special diets don't have as much variety and usually have just one option.

Students with special diets pick up their food at the door near the cereal station. They alert a staff member and let them know what their name is and what their dietary need is.

Anna McMullen is a Wartburg student on a special diet because she has gluten intolerance. She said it's like being lactose intolerant, but instead of dairy products, she can't eat wheat and other grain products.

McMullen found out she was gluten intolerant last December.

"I kept getting sick after I would eat and then we just started cutting things out of my diet and found out it was gluten," McMullen said.

"The Mensa makes it really easy to eat here and not have to make things on my own. They make the meal that you guys eat, they just make it a gluten free alternative."

Wood said being in college makes it difficult to have to think about planning meals in advance.

She believes people would rather go out and eat pizza with their friends, but some people just can't do that and at some point they have to take control and work really hard to make sure they're not making themselves sick or sicker.

"I miss bread a lot, but it's worth it not to eat it because I don't want to be sick," McMullen said.

In the end, it's the students' choice what they do, the staff just tries to help them make the healthiest choice for their individual issues.

Common dietary restrictions

- Lactose intolerant
- Peanut Allergy
- Vegetarian
- Gluten intolerance
- Vegan
- Religion

Source: Harvard University Events Management

Student balances school and his dream

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Wesley Bates is getting ready to release his second CD in the past year which he describes as being more intellectual and lyrical.

Bates first became involved in music when he was 4 or 5 by singing at his church. The first performance Bates remembers doing is a talent show put on by his church.

"I actually got on stage and danced. I won and that's when I kind of thought 'Wow, I may have a talent, a passion to dance.' So I started dancing first. That was my first moment of knowing I could be an entertainer or something later on in life," Bates said.

More recently, Bates has been touring and promoting his first CD. One show that stands out was a performance at Jokers in Cedar Falls, he said. That show was in front of his home crowd which are his core fans, Bates said.

His first CD, "Unique," has sold over 1,000 copies so far.

"He spit some real stuff on there but also had some good hype tracks," Sam Langfritz, a student who bought the CD said.

Bates' mom died when he was young, but he said his mother and God have been with him through the process. He uses this experience as inspiration for his songs. With this project, Bates wanted to connect with the people listening to his music.

"I was able to pick up on those senses early and understand what was going on. I wasn't ready to understand but I knew I had to. Now I see it as you were meant to understand so that you can understand and share your message with people going through the same things as you, who need those words of encouragement, who need that help," Bates said.

Bates described his second CD as painting a picture through his raps. Langfritz is planning on buying this new CD. One song has been released and Langfritz described it as "sick." There is no rush to set a release date because Bates said he wants to make sure everything on the CD is perfect.

It took some time for Bates to reach where he is. When he first started, people did not take him seriously. He also had to sacrifice things such as football, but his coaches were supportive in pursuing his dreams, he said.

Bates has more help now than he had when he first started. Besides having the support and help of his sister, Bates also has a manager and others who help him promote his music. Having this team has helped Bates be able to balance things a little bit easier, Bates said.

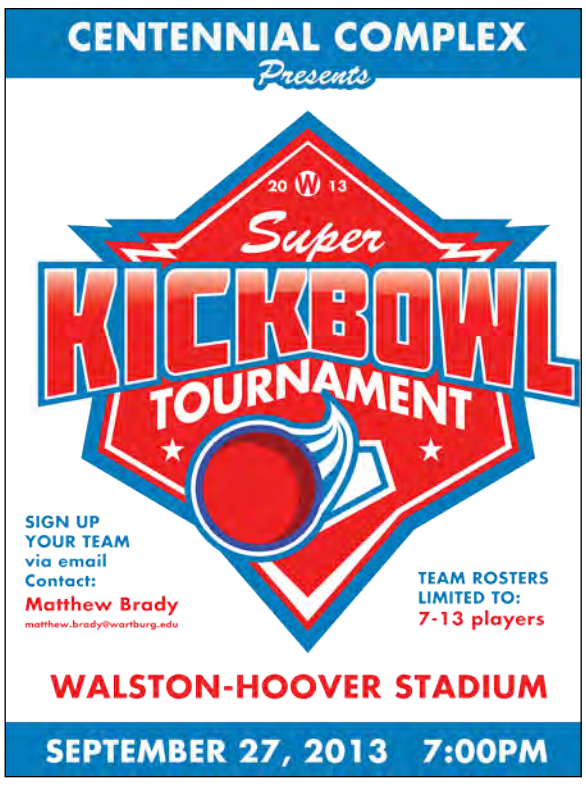
For Bates, all of the success and progress he has had so far helps him realize what life could be like.

It is not just his music that will keep Bates busy this school year. He will be doing a high school/middle school tour this year called "High School Sweet Dreams" to talk about college.

"I want to get them prepared and let them know 'You have a chance. You do have a chance. Things may go wrong in life but through God all things are possible,'" Bates said.

Those interested in learning more about his music can check out his website, juicehaspoken.com.

Wesley Bates performed at last year's For Artists By Artists concert put on by The Outlet in May. — **Submitted Photo**



Fiala begins lacrosse recruiting process

ERIC HILPERT *STAFF WRITER*
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Women's lacrosse is coming to Wartburg College in 2015 under the reigns of new coach Danielle Fiala. With the new sport beginning, many challenges are present.

"If you look at the numbers, women's lacrosse and lacrosse in general is the fastest growing sport that they have in the NCAA. Specifically the women, when you look at the growth and its moving west and we felt as an institution we'd probably be ahead of the curve in terms of adding it and getting it established," associate athletic director Monica Severson said. "We also feel as an institution it allows us to recruit in areas that we maybe haven't been able to recruit as well in previous years."

Fiala believes that creating a team from the ground up will be a challenge.

One challenge she is currently facing is fielding a team. She said she has been sending out emails to anyone and everyone and is relying on high school coaches to recommend players to her as well as encourage students to visit Wartburg.

With the lack of lacrosse popularity in Iowa, Fiala is forced to look elsewhere.

Recently, she made a trip to Minnesota. With such a huge lacrosse population and a limited amount of colleges in the state that have lacrosse, Minnesota in an untapped resource. She is also focusing on Illinois, Colorado, St. Louis and other large cities.

Fiala is hoping that her connections with the two high schools she previously coached at and the club she worked at in Illinois will provide her with recruits.

Other challenges the women's lacrosse team will run into is how young their team will be, and the dynamic of the team because of the players' inexperience.

Lacrosse is often a second sport for most women athletes.

"With girls active in other sports, they do not have an offseason which means less time for them to perfect their lacrosse skills," Fiala said.

The new lacrosse coach has been thrilled with Wartburg's encouragement and hopes with their help the women's lacrosse team will overcome these challenges.

"Wartburg in general has been a very supportive school for starting a new program. The fact that they want to build a field means they are dedicated," Fiala said.

"Having our own field is a huge recruiting asset, so that's going to be something that we are going to look forward to."

When it comes to expectations, Fiala is just looking for hard working players.

"We're going to keep fighting, we're going to be the underdogs," Fiala said. "But we'll get there and just sticking to the sport that we love is important."

Danielle Fiala, a 2013 graduate of North Central (Ill.) is Wartburg's first women's lacrosse coach. — **Eric Hilpert**/*TRUMPET*

Ramey Sieck sets the ball in Tuesday's 3-0 win over Central in the IIAC opening match at Levick Arena. — **Ta'Mone Williams**/*TRUMPET*

Knights sweep Dutch

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The Wartburg volleyball team won their Iowa Conference opener Tuesday against the Central Dutch, 3-0.

Wartburg took control from the beginning, winning the first set 25-18.

The second set was dominated by the Knights, starting with a 9-0 run. Wartburg then surged ahead to a 16-1 lead. They won the second set 25-7.

The final set ended 25-15 when Kalyn Ertz finished the match with her first kill of the game.

"We have good balance across the court," co-head coach Jennifer Walker said.

The balance is evident through multiple impressive performances in the game.

Kelly Niemann had 14 kills and a 0.31 hitting percentage, despite playing in a new position this season.

"We had to move Kelly Niemann to the outside, she's played middle for three years for us, so she's re-learning that role, and I think she's starting to get into the outside," Walker said.

Bailey Wilson came in with 11 kills and a 0.389 hitting percentage.

"Bailey is a monster in the middle, she's flying higher this year than any other year, and she's being smart about it," Walker said. "She's changing up her swings, so it's not always a swing and a kill. She's hard to defend."

Maddie Forsyth had a hitting percentage of 0.467 with 10 kills.

Returning All-American and conference MVP Ramey Sieck had 37 assists.

"We have great depth and it's just a matter of working those people in there and challenging each other in practice," Walker said.

Wartburg (7-6, 1-0), which dropped out of the top 25 last week, has a rematch of last year's IIAC Tournament championship against Loras (5-6) in Dubuque at 7:30 p.m. Tuesday. You can listen to the game on KWAR.

ONLINE:
Go to wartburgcircuit.org for extended sports coverage, including:
-Volleyball, football and soccer highlights
-Video interview with Danielle Fiala
-Iowa Conference football recaps

Men's soccer beats Carthage

The Wartburg men's soccer defeated Carthage in non-conference play at home Saturday, 2-1.

The Knights are now 4-2-2 after avenging an 8-2 loss to the Red Men (6-3) last season.

Wartburg was the first to strike with 16:20 on the clock. Senior Bob Brown made his penalty kick to put Wartburg up 1-0.

Lukas Dykstra evened the score for Carthage with an unassisted goal in the 37th minute.

Wartburg freshman Paris Martins made the game-winning goal in the 61st minute, with an assist from Brown.

Carthage took 25 shots to Wartburg's 12.

Wartburg goalie Zak Kohlmeyer made six saves in the game and gave up the lone goal while Cade Shatzer made eight saves.

Football bounces back with win against Carthage

◂ continued from p. 8

an interception and also ran six times for 54 yards while Jacobsmeier was 4-of-7 for 88 yards and a 30-yard TD pass to Donald Miller early in the fourth quarter. Jacobsmeier ran seven times for 41 yards and had two catches for 52 yards and a touchdown.

The Knights struggled running the ball but caught Carthage off guard by handing the ball to Brandon Domeyer on 3rd-and-8 and Domeyer took it 24 yards for six. The extra point snap went through the holder's hands and the score remained 6-0.

Carthage drove the ball 82 yards in 6:08 on their next possession — including a pass from punter/wide receiver Pete Djurickovic to Robert Anderson on a fake punt on 4th-and-7 from their own 21 — capped off by Simoncelli's 15-yard run on a misdirection play that fooled nearly everyone in the stadium.

Schrader then ran for first downs on carries of 17 and eight yards that kept a 15-play, 74-yard drive alive and Domeyer, who finished with just 48 yards on 21 carries, scored from six yards out to put Wartburg up 13-7.

"We were having a little trouble getting the running backs some open lanes and they were leaving the outside so I just kind of took advantage of that and tried to get yards, pick up first downs and get the ball moving," Schrader said.

Brett Bukari kicked a 35-yard field goal before the fumble and goal line stand.

The Knights put up 343 yards of offense a week after gaining 314 in a 30-17 loss to No. 7 Bethel and although they came away with the win, Schrader said there are still plenty of things to work on.

"You leave the game with a better taste in your mouth," Schrader said. "But we're still not quite where we want to be. We're still trying to get rid of the slow start that we seem to be having a problem with right now but it felt good to execute a lot better late in the game and get the ball moving."

Wartburg is off next week before the Iowa Conference opener at home against Simpson (2-1), which has beaten the Knights on blocked extra points each of the last two years, including last year's IIAC opener in Indianola.

"We just have to continue to try to eliminate mistakes that we create ourselves and be more consistent from down to down," Willis said. "That's the thing we have to keep working on."

Walston-Hoover Stadium was the sight of many debuts Saturday. The first game was played on the newly installed FieldTurf, the new scoreboard was used for the first time, KnightVision launched and the Knights broke out brand new black uniforms. Zimmerman Field was also dedicated prior to the game. Three thousand people attended the first home game of the season. — **Ta'Mone Williams**/*TRUMPET*

Defense holds at key times

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Andrew Ganshirt brings down Red Men receiver Pete Djurickovic in the Knights 27-10 home-opening win at Walston-Hoover Stadium/Zimmerman Field on Saturday. — **Ta'Mone Williams**/*TRUMPET*

Pushed against its own goal line with time running out in the first half, the Wartburg defense needed a stop.

Ben Bentil brought down Derek Bellamy at the one yard line on 4th-and-goal from the one with 55 seconds left in the second quarter and Wartburg held on to its 13-10 lead.

The Knights (2-1) carried that momentum into the second half, not giving up another point on their way to a 27-10 victory in the home opener.

"Whichever way that play goes … that's gonna be a huge momentum swing for one team or the other and it was for us," head coach Rick Willis said.

The Knights held the Red Men to a field goal on the previous possession after Carthage moved the ball to the 10 yard line for a 1st-and-goal.

The ball went off Donald Miller's foot on the ensuing kickoff and Carthage took over at the 19, looking to shock the home crowd of 3,000 with a halftime lead.

But Wartburg, which gave up 111 yards rushing in the game including 72 to quarterback A.J. Simoncelli, held when it mattered most.

"That was huge," said defensive end Martin Hyatte, who had three tackles for loss Saturday. "Not just for stopping them and not letting them score but just for the team in general, just getting momentum."

The Red Men moved the ball to the Wartburg 26 on their second possession of the second half, but once again, the Knights defense made a big play.

On 2nd-and-11, cornerback Logan Pitz stepped in front of Simoncelli's pass and returned it to the Carthage 37.

Logan Schrader found fellow QB Taylor Jacobsmeier on a swing pass out of the backfield on the very next play and Jacobsmeier made a few men miss on his way to the endzone to put the Knights up 20-10.

"That [interception] sets up the score and that was a huge play," Willis said. Spencer Capitani, who led the Knights with nine tackles, intercepted a pass on the two-yard line on 2nd-and-6 from the Knights 42 that stopped another Red Men drive the previous possession.

Schrader and Jacobsmeier have split time at quarterback in all three games so far this season, but were on the field at the same time for a couple plays Saturday and Jacobsmeier was able to use his speed to his advantage.

"It was great," Jacobsmeier said. "I'm glad I can help the team in any way I can. When coach calls my number, I want to be able to perform."

"That was pretty cool," Schrader said. "Coach threw in some little wrinkles there to get the ball in both of our hands and it worked out well today."

Willis said he wants to maximize Schrader and Jacobsmeier's strengths on the field.

"We're just gonna continue to try to evaluate and use those guys, use their strengths the best we can," Willis said. "Obviously we want to try to find ways for Taylor to have the ball in his hands because he is explosive and he made a big, explosive play there at a critical time that really helped us stretch the lead out."

Schrader was 11-of-17 passing for 93 yards, a touchdown and

▸ **Football bounces back — p.7**

Davis leads Knights with 11-1 season record

RYAN JORGENSON *STAFF WRITER*
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Melissa Davis returns a serve against Luther's Adriana DePaolis two weeks ago. Davis went on to win 6-4, 6-2. — **Nathan Ford**/*TRUMPET*

Melissa Davis has been playing tennis since she was five years old. Now a sophomore and in her second season at Wartburg, Davis is trying to make a name for herself.

"I wanted to play college tennis at a level where competitiveness is there but the main goal is to build good relationships with your team and have fun," Davis said.

After noticing there aren't many Division III schools in her native Colorado, Davis set her sights elsewhere.

Since her mom went to Drake University in Des Moines and her grandparents live in Cedar Rapids, Davis decided to check out Iowa schools. That's when she found Wartburg.

"I went on a visit and really liked the environment and the team," Davis said.

Despite losing four key seniors from last year's squad that finished third in the Iowa Conference, the team started the season strong by going 2-0 and is now 5-3 after losses to UW-Eau Claire, Luther and Coe.

While the team struggled against those foes, Davis stood out.

"Melissa's one of our top leaders," coach Mike Strydom said. "On the court she brings a winning attitude, that mental ability that's kind of unparalleled at the moment."

Davis was the only Knight to record a win against Luther and UW-Eau Claire.

Those two wins plus others helped Davis jump out to a 7-0 singles record on the year. Davis said she tried not to think too much about the winning streak, but continues to play her game and have fun.

Last Wednesday, Davis had her winning streak snapped but wasn't too worried about the loss saying she would bounce back.

"I lost to a conference opponent," Davis said. "This will only prepare me for the next time we go up against the same team."

She bounced back at the Gustie Fall Invite over the weekend, winning four matches to win her bracket and improve her record to 11-1.

DAVIS' GUSTIE INVITE WINS
First Round: Def. Jennifer Graham (UW-La Crosse) 6-2, 6-1
Quarterfinals: Def. Brittany Glatt (Concordia-Moorhead) 6-2, 6-1
Semifinals: Def. Riley Abeyesekara (Gustavus Adolphus) 6-2, 6-1
Final: Def. Amy Orthaus (UW-Eau Claire) 6-4, 6-0

Not only does Davis stand out on the court, but off the court Strydom said she is a class act.

"Mel is funny, she is smart, she knows where her priorities lay, she's always willing to help, she's the type of girl that will send me an email during the day just to say 'hey coach, you did a great job.' And that's really appreciative to hear from one of your players," Strydom said.

With all the good that's happening on the tennis court, Davis has many people to thank from her brother, to her mom to an even higher power.

"My main role model is my Lord and Savior," Davis said. "He is who I look up to in times of need and what reminds me that whatever I do should be pointing to Him."

WEEKLY SCHEDULE
Tuesday
M Soccer @ Gustavus (4:30 p.m.)
Volleyball @ Loras (7:30 p.m.)
Friday
W Golf @ IIAC Championships
M Tennis @ ITA Regionals
Vball vs. Edgewood (2 p.m.)*
Vball vs.Benedictine (6 p.m.)*
Saturday
M Golf @ Twin Cities Classic
M Tennis @ ITA Regionals
W Golf @ IIAC Championships
XC @ Roy Griak Invite (Minn.)
W Tennis @ Simpson (9 a.m.)
Vball vs. Dominican (10 a.m.)*
W Soccer @ Coe (1 p.m.)
Volleyball vs. Lakeland (2 p.m.)*
W Tennis @ Central (2 p.m.)
M Soccer @ Coe (3:30 p.m.)
Sunday
M Golf @ Twin Cities Classic
M Tennis @ ITA Regionals
M Soccer vs. Hamline (2 p.m.)
*=@ *Wisconsin Dells*

GOLFERS WIN LUTHER INVITE
The Wartburg women's golf team finished first out of nine teams at the Luther Invitational on Friday and Saturday.

The Knights held the lead by one stroke over Viterbo after the first day with a score of 329.

Saturday, the Knights jumped ahead by five more strokes to win the tournament by a total of six strokes, shooting a 333 to finish with a two-day total of 662.

Top Knight's scorer Rochelle Beardsley tied for second with a 161 (79-82).

Other Knights players included Morgan McMillan 164 (86-78), Taylor Roberts 165 (80-85), Molly McDonough 174 (86-88) and Alyssa Noble 175 (84-91).

MEN STRUGGLE AT IIAC MEET
No Wartburg men's tennis players made it past the quarterfinals at the Iowa Conference individual championships in Pella over the weekend and no doubles teams won a match.

Find full results online at wartburgcircuit.org.

ROSS WINS GUSTIE BRACKET
Along with Melissa Davis, Katherine Ross also won her bracket at the Gustie Invite over the weekend.

Ross defeated Samantha Fleming (UW-La Crosse) 6-2, 6-1, Renee Nelson (UW-Eau Claire) 6-2, 6-1, Bailey Abeyesekara (Gustavus Adolphus) 6-0, 6-2, and Sarah Lasecki (Coe) 0-6, 6-2, 10-2.

Emily Rasmussen and Liz Rucker both lost in the first round.

WOMEN'S SOCCER FALLS 1-0
Layne Teska's 28th minute goal off a corner kick gave Carleton a 1-0 lead that held up for the final 62 minutes against the Wartburg women's soccer team on Sunday.

The teams managed just 13 combined shots with Wartburg having a slim 7-6 advantage.

Each team had three shots on goal and Carleton committed 11 fouls

Wartburg is now 3-5-1 and opens Iowa Conference play Saturday against Coe (3-4-1).